

Cucumber is An Equal Substitute For Tomato For Soup, Stew & Sauce Cooking

The survey of consumer behavior all over the continents indicates a common consumer pattern on the consumption of tomato. 'The populace over-dependence on tomato for soup base preparation' is the cause for the periodic shortages and rise in prices of tomato in different places during the low output seasons when there is little or no rain.

Tomato plantation during the dry season yields low output due to less rain which is the cause of increase in price of tomato during the dry season and the brunt is borne by the rich and the poor. Though the rich can afford, the poor cannot which means the poor cannot attain satisfaction during the period because they cannot purchase their expected quantity. For this reason, there is need to search for a substitute for tomato which can serve as soup base also.

In the course of proffering solution to this problem, our organization started searching and researching on the equal substitute for tomato which will serve as an equal or better soup base which its production will be sustainable, resulting in a sustainable food supply with nutrition and high consumer preference.

We considered some berries among which cucumber emerged as a true substitute. Several observations were made by observing the taste of cucumber prior and posterior its mixture with other soup ingredients, colour prior and posterior to the mix, response of cucumber juice to heat, miscibility of cucumber with other soup ingredients, perception of the cucumber juice prior and posterior to its mix with other soup ingredients, the ability of cucumber to stop the hotness of the pepper etc. The research method was mainly the traditional soup preparation process which involves the usual soup ingredients which are scotch bonette, chilli or cayenne, bell pepper, onion and cucumber (the substitute for tomato). The soup was prepared severally at different times and observations were made repeatedly. Based on satisfactory observations, cucumber emerged as an equal substitute for tomato for soup making, Cucumber turned out to be an equal substitute for tomato for soup base preparation.

In the course of the study, cucumber was used to prepare four dishes which are soup, stew, sauce and vegetable soup. The author coined the four dishes respectively as:

1. Cucumber Soup
2. Cucumber Stew
3. Cucumber Sauce
4. Cucumber Vegetable Soup

Cucumber-a good soup base, it stops the hotness of the pepper and gives it a good taste!

The successful outcome of the research was documented as book, e-book and wall-arts. The wall-arts is published as wall-papers, wall-framed portrait, wall-canvas, wall-poster, and wall-banner.

<http://www.tinyurl.com/cucumbersoup4>

<http://www.tinyurl.com/cucumbersoup13>